

IF YOU'RE EATING VEGETABLES YOU ARE PROBABLY PUSHING UNHEALTHIER FOOD OUT OF YOUR DIET.

— DAN BUETTNER

EASY AS 1-2-3

The 1-2-3 approach can help you pack in all your fruit and veggie servings — and more — throughout the day. Get six servings by eating:

- 1 serving with breakfast (ex: 1 small apple)
- 2 servings with lunch (ex: a sandwich with lettuce and tomatoes plus carrots on the side)
- 3 servings with dinner and snacks (ex: stir-fry with peppers and broccoli for dinner and fresh watermelon for dessert)

GET CREATIVE WITH YOUR VEGGIES!

Try replacing processed food items with more nutrient-dense vegetable options. Swap spaghetti noodles for spaghetti squash or zoodles (zucchini noodles), white rice for cauliflower rice, bread/tortillas for collard greens. Get creative and don't be afraid to try something new!

THE ANSWER IS IN THE PALM OF YOUR HAND

It is recommended that adults eat 3.5 to 6.5 cups of fruits and vegetables each day.

- A 1/2 cup serving of fruit is about the size of one of your hands cupped.
- A 1 cup serving of vegetables is about the size of your two hands cupped together.

Sources: 1-2-3 Approach to Eating Fruits and Vegetables, The Mayo Clinic, April 2019. / Energize Your Body with Fruits and Vegetables, CDPH Public Health, September 2016.

STATE EMPLOYEE WELLNESS PROGRAM



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9/8 LACE UP YOUR SNEAKERS...

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9/9 'STRESS LESS' LUNCH AND LEARN*

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*Virtual lunch and learn offered online. Learn more at healthmatters.idaho.gov/classes-presentations/